

Food That's In When School Is Out

# Summer Meals For Kids!

This year, when school lets out, the Summer Food Service Program will offer summer activities and free nutritious meals to all neighborhood children ages 18 years and younger at:



All meals will meet the Dietary Guidelines for Americans, so you know your child will be eating a healthy meal.



Plus, supervised activities will keep your child coming back.



For more information on the program, or to volunteer to help, call:

The Summer Food Service Program is sponsored by  
The U. S. Department of Agriculture



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# Snacking Is Fun and Nutritious

Find the low-fat snacks hidden in this picture.

Find: graham cracker, lowfat cheese, lowfat milk, pretzels, bagels, lowfat cracker, string cheese, chicken, apple, banana, grapes, orange, carrot, celery, broccoli, cereal, lowfat cookies, unbuttered popcorn

